

What I Bring to the Table

I've coached Muslims from all over the world since 2007 and continue to up my levels of training and personal mentoring to keep my skills fresh. There are many routes for offering support, from traditional therapy, counseling, to coaching. While all over-lap in some ways, the approach I choose finds its roots in traditional psychology but has evolved into a new science and standard for human change that I personally found most beneficial in my own life. With an initial focus working with women, I have also expanded to work with couples who are married or those considering each other for marriage due to many requests. I look forward to sharing the techniques that have inspired my own life and my clients insha'Allah.